

**Guide to Town Senior
Services**

Senior Activities Center

Wendy Petty
Director

Pam Wilson
Program Coordinator
203- 222-2608

Social Services

Charlene Chiang-Hillman
Director

Suzanne Friedman
Administrative Asst.
203-222-2663

Town Hall

Tom Landry
Town Administrator
Judy Devito
Selectman's Secretary
203-222-2656

Dial-A-Ride

Gordon Green
(24 Hr Notice Required)
203-222-2576

Drop-In Activities

Monday

Knitting/Crafts 10-12
Dance Class 11:00(N)
Pickleball 12pm

Tuesday

Beads 10-12
Tai Chi 9:30
Strength & Fitness 11-12
Poker 12:00—2

Wednesday

Yoga 10-11
Lunch @ Norfield Church

Thursday

Tai Chi 9:15
Bridge 10:30
Wii Bowling 10-11:30
Strength & Fitness 11-12
Canasta 12
Movies 12:00—2
Pickleball 12:30

Friday

Yoga w/ Melanie 9-10 (N)

**Wednesday Lunch at
Norfield at 12 noon**

WESTON SENIOR ACTIVITIES CENTER

May/June 2014



Greetings everyone!

We hope this newsletter finds you well. The weather is great and we are looking forward to seeing you at the Senior Center.

We have some exciting events coming up sponsored by the Friends of the Weston Senior Center that we hope you will attend. See page 7 for all of the details.

On May 28th, we have our Volunteer Luncheon at Norfield. Anyone who has volunteered for the senior center, either cooking or serving at lunch or helping in a regular way at the senior center is invited. We will be sending out invitations, but please let us know if we have missed someone!!! We thank all of you for helping to make our senior center a great place to be.

Our walking club is back, starting May 13th at 9am. We meet on Tuesdays (with Andrea) and Thursdays (with Julie) mornings at the High School track.

Take a trip with us to Captain's Cove in Bridgeport or Fascia's Chocolates to make your own chocolate bar. We also have a professional organizer coming to show us how to spring clean and organize your home. Have you have tried a pilates class? Come and try one, see page 6. Lastly, if you are having a difficult time getting up from the floor, or out of a chair, then our Feldenkrais class is for you, see page 3 for details.

Thank you to the Board of Selectmen and the Board of Finance for supporting an increase in our budget. Stay tuned for more details!

Wendy and Pam



We have a lot of exciting things to sign up for, stop by the Senior Center! We would love to meet you .

There is always something to do, come and join us!

Painting Class with Keith Brooks

"Art with Friends"

1:00-3:00pm at the Weston Senior Center
All levels are welcome, come and join fellow artists.



Call for more details and to sign up!

May/June Lunch Schedule—A Few Changes (see calendar)

The week of May 19th, Norfield will be preparing for their Fair, so we will not be having lunch that Wednesday May 21st, but.... Come to the Senior Prom for an early dinner!!

May 28th is our Volunteer Luncheon—by invitation only. There will not be a regular lunch that day. If you have volunteered and did not receive an invitation, please contact Pam or Wendy. See page 7 for details.
June 4, 11, 18 all at Norfield as usual.



Senior Prom

At the Weston High School
Wednesday, May 21st

3pm—4:30pm

Light Meal will be served!

This is free, sign up required by May 15.
Call the Senior Center (203) 222-2608.

Come and join the student government high school students for their annual senior senior prom. Food and entertainment will be provided, all you need to do is sign up and come ready to dance! .



Don't miss this fantastic event sponsored by the High School Student Government!

Exercise Classes!

Dance to the Music with Sandy

Mondays @ 11:00 am (55+ welcome)
\$3/class drop in (Norfield Parish Hall)

Pickleball

Mondays @ 12:15pm at the Senior Center—drop in (free)

Strength & Fitness with Sandy

Tuesdays & Thursdays @ 11 am
\$3/class drop in Moved to Senior Center Gym

Tai Chi for Better Balance with Bill Wren

Thursdays 9:15am—sign up required. (Senior Center)
May 1, 8, 15, 22, 29 June 5, 12, 19 (\$35 for series of 8)
Newcomers can drop in!

Tai Chi with Mari Lewis

Tuesdays 9:30am—sign up required. (Senior Center)
May 5, 13, 20, 27 June 3, 10, 17 (\$30 for series of 7)
Newcomers can drop in!

Wii Bowling with Anne

Thursdays @ 10 am
Free (Senior Center)

Yoga with Melanie

Fridays @ 9 am
\$3/class—drop in (Norfield Chapel)

Gentle Yoga with Joy

Wednesdays @ 10 am
\$3/class—drop in (Senior Center Gym)

Pilates with Andrea Silver (see bio page 6))

Wednesdays @ 11am
Sign up required. (Senior Center Gym)
Newcomers can drop in!

Interested in Tennis lessons? Private or Group? See page 7 for details.

Trips and Outings

Brooklyn Museum and Botanical Garden

(Date Change) Thursday, July 24th
Depart Norfield Church at 8:30am
Cost is \$55.00

See Page 7 for Details from the "Friends"

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#### **Captains Cove Restaurant**

Tuesday, June 3rd. Depart Norfield at 11:30am or meet us there! Sign up required for the bus (limited to 18).  
1 Bostwick Ave, Bridgeport (203) 335-7104

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Fascia's Chocolates



We will be having a chocolate making lesson in their presentation room, make your own chocolate bars, learn about the history of Fascia Chocolates, and shop in their sweet shop and gelato store.

Thursday, June 12th, meet at Norfield at 10am. Sign up required by May 29. Cost is \$10.00 and is due at time of sign up.

**Movies 12:30pm on Thursdays.
Free with popcorn
Sign Up Required, Space Is Limited
(203) 222-2608**



5/1-Philomena – PG-13 – 98 minutes - Based on the 2009 investigative book by BBC correspondent Martin Sixsmith, 'The Lost Child of Philomena Lee', 'PHILOMENA' focuses on the efforts of Philomena Lee (Dench), mother to a boy conceived out of wedlock - something her Irish-Catholic community didn't have the highest opinion of - and given away for adoption in the United States.

5/8-The Book Thief – PG-13 – 110 minutes - While subjected to the horrors of WWII Germany, young Liesel finds solace by stealing books and sharing them with others. Under the stairs in her home, a Jewish refuge is being sheltered by her adoptive parents.

5/15—The Hunger Games—Catching Fire—PG-13 146 minutes

5/22-Last Vegas – PG-13 - Billy (Academy Award-winner Michael Douglas), Paddy (Academy Award-winner Robert De Niro), Archie (Academy Award winner Morgan Freeman) and Sam (Academy Award-winner Kevin Kline) have been best friends since childhood. So when Billy, the group's sworn bachelor, finally proposes to his thirty-something (of course) girlfriend, the four head to Las Vegas with a plan to stop acting their age and relive their glory days.

5/29-The Secret Life of Walter Mitty – PG - Ben Stiller directs and stars in 'The Secret Life of Walter Mitty,' James Thurber's classic story of a day-dreamer who escapes his anonymous life by disappearing into a world of fantasies filled with heroism, romance and action. When his job along with that of his co-worker (Kristen Wiig) are threatened, Walter takes action in the real world embarking on a global journey that turns into an adventure more extraordinary than anything he could have ever imagined.

6/5-Nebraska – R – 110 minutes - After receiving a sweepstakes letter in the mail, a cantankerous father (Bruce Dern) thinks he's struck it rich, and wrangles his son (Will Forte) into taking a road trip to claim the fortune. Shot in black and white across four states, 'Nebraska' tells the stories of family life in the heartland of America.

6/12-Saving Mr. Banks – PG-13 - When Walt Disney's daughters begged him to make a movie of their favorite book, P.L. Travers' "Mary Poppins," he made them a promise-one that he didn't realize would take 20 years to keep. In his quest to obtain the rights, Walt comes up against a curmudgeonly, uncompromising writer who has absolutely no intention of letting her beloved magical nanny get mauled by the Hollywood machine.

6/19-Words & Pictures – PG-13 –Prep school English teacher Jack Marcus (Clive Owen) laments his students' obsession with social media and good grades rather than engaging with the power of the written word. A one-time literary star, Jack has not published in years filling his spare time with drink versus the art of language.

Walking Club is back starting May 13th!

Tuesday and Thursday mornings
9am-10am



Meet at the High School Track at 9am and walk laps with your friends. Tuesdays with Andrea and Thursdays with Julie.
May 13, 15, 20, 22, 27, 29 June 3, 5, 10, 12, 17, 19,

**Journey to the Floor and Back
Continues....**

Feldenkrais techniques for easier, more efficient movement. This is a series of lessons teaching the skills required to get up and down off the floor safely and confidently.

Mondays 11am-12pm at the Senior Center
(No class May 26 or June 9, 23)
\$5.00 per class

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**Getting Organized: What you Need to Know**

Professional organizer Seana Turner, President and Founder of The Seana Method, will be joining us to talk about the basics of getting organized. She will offer practical, actionable tips to help you organize any space in our home.

Tuesday, May 20th 1:00pm at the Senior Center  
Sign up required by May 7th  
Free!

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American Bone Health presents:



Healthy Bones, Healthy Life

This is an essential 40 minute introductory talk for adults and covers the basics of osteoporosis and bone health. American Bone Health provides education, resources and tools to help you understand bone disease and bone health.

Monday, June 16th 12:00pm at the
Senior Center
Sign up required by June 2nd
Free!

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**Appetizer Pot Luck!!**

Tuesday, May 13th  
12:00pm  
At the Senior Center  
Sign up required.

You will need to bring an appetizer  
for 8 people.

Sign up required by May 8th  
(203) 222-2608.





# May 2014

**Mon****Tue****Wed****Thu****Fri**

|                                                                                                                                                                 |                                                                                                                                                                    |                                                                                                                                                                                      |                                                                                                                                                                                  |                            |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
|                                                                                                                                                                 |                                                                                                                                                                    |                                                                                                                                                                                      | 1<br>9:15am Tai Chi<br>10am Wii Bowling<br>11 Strength & Fitness<br>12:15pm Canasta<br>12:30pm Movie<br><i>Philomena</i>                                                         | 2<br>9am Yoga (N)          |
| 5<br>9:15am Commission Mtg<br>10am Knitting<br>11am Dancing (N)<br>11am Medicare<br>11am Feldenkrais<br>12:15pm Pickleball<br>1:00pm Art with Friends           | 6<br>9:30am Tai Chi<br>10am Beading w/Carla<br>11am Strength & Fitness<br>12 Poker w/Stella                                                                        | 7<br>10am Yoga<br>11am Pilates<br>12 Lunch at Norfield<br>Hosted by Norfield<br>Bingo                                                                                                | 8<br>9:15am Tai Chi<br>10am Wii Bowling<br>10:30am Bridge<br>11 Strength & Fitness<br>12:15pm Canasta<br>12:30 Movie<br><i>The Book Thief</i>                                    | 9<br>9am Yoga (N)          |
| 12<br>10am Knitting<br>11am Dancing (N)<br>11am Current Events<br>11am Feldenkrais<br>12:15pm Pickleball<br>1:00pm Art with Friends                             | 13<br>9am Walking<br>9:30am Tai Chi<br>10am Beading w/Carla<br>11am Strength & Fitness<br>12pm Poker w/Richard<br>12:30pm Appetizer Pot<br>Luck (sign up required) | 14<br>10am Yoga<br>11am Pilates<br>12 Lunch at Norfield<br>Hosted by St. Francis<br>Entertainment by<br>Serendipity Singers                                                          | 15<br>9am Walking<br>9:15am Tai Chi<br>10am Wii Bowling<br>10:30am Bridge<br>11 Strength & Fitness<br>12:30pm Movie<br><i>The Hunger Games</i>                                   | 16<br>9am Yoga (N)         |
| 19<br>10am Knitting<br>11am Dancing - <b>At Senior Center this week only</b><br>11am Medicare<br>11am Feldenkrais<br>12:15pm Pickleball<br>1:00pm Art w/Friends | 20<br>9am Walking<br>9:30am Tai Chi<br>10am Beading w/Carla<br>11 Strength & Fitness<br>12 Poker w/Stella<br>1:00pm Organizer with Seana Turner (sign up required) | 21<br>10am Yoga<br>11am Pilates<br>NO LUNCH TODAY<br>3:00pm Senior Prom<br>(Sign up required)<br> | 22<br>9am Walking<br>9:15am Tai Chi<br>10am Wii Bowling<br>10:30am Bridge<br>11 Strength & Fitness<br>12:15pm Canasta<br>12:30pm Movie<br><i>Last Vegas</i>                      | 23<br>Yoga Cancelled today |
| 26<br>Senior Center Closed<br>                                               | 27<br>9am Walking<br>9:30am Tai Chi<br>10am Beading <b>on own</b><br>11 Strength & Fitness<br>12 Poker w/Richard                                                   | 28<br>10am Yoga<br>11am Pilates<br>12 Volunteer Lunch by invitation only – see page 7 for details.<br>Entertainment by Ron Spataro                                                   | 29<br>9am Walking<br>9:15am Tai Chi<br>10am Wii Bowling<br>10:30am Bridge<br>11 Strength & Fitness<br>12:15pm Canasta<br>12:30pm Movie<br><i>The Secret Life of Walter Mitty</i> | 30<br>9am Yoga (N)         |





# June 2014

**Mon****Tue****Wed****Thu****Fri**

|                                                                                                                                                                          |                                                                                                                                                                                                                                                  |                                                                                                |                                                                                                                                                                                                         |                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| 2<br>9:15 Commission mtg.<br>10am Knitting<br>11am Dancing (N)<br>11am Medicare<br>11am Current Events<br>11am Feldenkrais<br>12:15pm Pickleball<br>1pm Art with Friends | 3<br>9am Walking<br>9:30am Tai Chi<br>10am Beading with Carla<br>11 Strength & Fitness<br>11:30 Captains Cove (sign up required)<br>12 Poker W/Stella                                                                                            | 4<br>10am Yoga<br>11am Pilates<br>12pm Lunch at Norfield<br>Hosted by Emmanuel<br><i>Bingo</i> | 5<br>9am Walking<br>9:15am Tai Chi<br>10am Wii Bowling<br>10:30am Bridge<br>11amStrength & Fitness<br>12:15pm Canasta<br>12:30pm Movie<br><i>Nebraska</i>                                               | 6<br>9am Yoga (N)<br><br><i>Hike this weekend, see page 8 for details!</i> |
| 9<br>10am Knitting<br>11am Dancing (N)<br>11am Current Events<br>12:15pm Pickleball<br>1pm Art with Friends                                                              | 10<br>9am Walking<br>9:30am Tai Chi<br>10am Beading with Carla<br>11am Strength & Fitness<br>12 Poker W/Richard<br>12:30pm Ice Cream Social (sign up required)  | 11<br>10am Yoga<br>11am Pilates<br>12pm Lunch at Norfield<br>Hosted by Senior Center           | 12<br>9am Walking<br>9:15am Tai Chi<br>10am Wii Bowling<br>10:30 Bridge<br>11amStrength & Fitness<br>11am Fascia Tour (sign up required)<br>12:15pm Canasta<br>12:30pm Movie<br><i>Saving Mr. Banks</i> | 13<br>9am Yoga (N)                                                         |
| 16<br>10am Knitting<br>11am Dancing (N)<br>11am Medicare<br>11am Feldenkrais<br>12pm Bone Health (sign up required)<br>12:15pm Pickleball<br>1pm Art with Friends        | 17<br>9am Walking<br>9:30am Tai Chi<br>10am Beading with Carla<br>11 Strength & Fitness<br>12 Poker W/Stella                                                                                                                                     | 18<br>10am Yoga<br>11am Pilates<br>12pm Lunch at Norfield<br>Hosted by Senior Center           | 19<br>9am Walking<br>9:15am Tai Chi<br>10am Wii Bowling<br>10:30 Bridge<br>11amStrength & Fitness<br>12:15pm Canasta<br>12:30pm Movie<br><i>Words &amp; Pictures</i>                                    | 20<br>9am Yoga (N)                                                         |
| 23<br>Senior Center Closed                                                                                                                                               | 24<br>Senior Center Closed                                                                                                                                                                                                                       | 25<br>Senior Center Closed                                                                     | 26<br>Senior Center Closed                                                                                                                                                                              | 27<br>Senior Center Closed                                                 |
| 30<br>10am Knitting<br>11am Dancing (N)<br>11am Feldenkrais<br>12:15pm Pickleball<br>1pm Art with Friends                                                                |                                                                                                                                                                                                                                                  |                                                                                                | Coming Soon...<br><br>Brooklyn Museum and Botanical Garden Trip in July! See page 7 for details.                                                                                                        |                                                                            |

## Medicare Protection Basics

Winter is finally over!! As we get ready for Spring and Summer travel it is time to update health care records and to review protection against fraud, scams, abuse and identity theft. Here are some hints about protecting your Medicare and Social Security information.

Treat your Medicare, Medicaid, Social Security numbers like a credit card number. **NEVER** for any reason give these numbers to a stranger that requests them in person or over the phone.

Remember, Medicare, Social Security or IRS does not call or visit to request or verify personal information. **They contact by mail.**

Overall, do not carry your Medicare, Medicaid, Medicare Supplemental Insurance or Social Security card **unless needed**. Only take needed cards for doctor appointments, visits to your hospital or clinic, or trips to the pharmacy.

**Record doctor visits, tests and procedures** in a personal health care journal or calendar. Compare this information to statements when you receive them.

Save Medicare Summary notices and Part D Explanation of Benefits. **Shred the documents** when they are no longer useful.

Any questions about information on a Medicare Summary Notice or Part D Explanation of Benefits, call your provider or plan first and present the concerns. If you believe that you have been the victim of fraud, abuse, a scam or identity theft call Medicare and the police.

**LOST CARD** If you have lost your Medicare Card (or Social Security Card) contact the Social Security office for a replacement.

Want to discuss Medicare selection issues? Half hour appointments are available from 11:00 – 1:00 twice a month on the first and third Mondays of each month. **MAKE AN APPOINTMENT BY THE PREVIOUS THURSDAY. BOOK THROUGH THE WESTON SENIOR CENTER** at (203) 222 - 2608. **NO WALK-INS.** See you at the center!

Meta Schroeter CHOICES Counselor

**Documents to be kept permanently in a fireproof box or home safe:**

- birth & marriage certificates
- college transcripts & diplomas
- copy of property deeds & mortgage documents
- insurance policies, credit card & loan agreements
- Social Security cards, current passports
- Stock information and tax returns
- Will and living will documents

## News from the Weston Department of Social Services

Did you know that:

The Renters Rebate Program provides for (one-time) payments ranging from \$50 to \$900 for qualifying married persons, and \$50 to \$700 for qualifying single persons. The rebate amount is based on income and the amount of rent and utility payments (excluding telephone and cable) made in the calendar year prior to the year in which the renter applies. In order to qualify, you must be over 65 years old or totally disabled; married persons must have an annual income not greater than \$41,600 and single persons must have an annual income not greater than \$34,100. The Tax Assessor and the Department of Social Services are taking applications between April 1 and October 1, 2014.

Applications are now being accepted for the Town of Weston Tax Relief Programs. There are three tax relief programs for seniors: the Abatement Program; the Deferral Program and the Tax Freeze Program. Please contact the Tax Collector for more information 203 222 2697.

Our new Probate Judge, Lisa Wexler will be visiting the Westport Senior Center on Thursday May 8 and June 12 from 11 am - noon to answer your questions.

### Commission Meetings 9:15am

May 5th and June 2nd

Board Members:

Helen de Keijzer, Chair

Peggy Anderson

Bruce Lorentzen

Nina Daniel

Laura Smits

Donald Gumaer

Margarita Garces-Shapiro

NEW NEW NEW!!

### Pilates Mat Class



Wednesdays, 11am at the Senior Center

May 7, 14, 21, 28 June 4, 11, 18

\$30.00 for series of 7 classes

With Andrea Silver

Sign up Required (203) 222-2608.

First class is free, come and try one!!

Andrea's Bio:

Andrea completed her apparatus and mat certification through Half Moon/The Fitness Guru.

Her focus is on back care and osteoporosis in the aging Baby Boomer.



The Friends of the Weston Senior Activities Center

**BUS TRIP.....**

**Brooklyn Museum and Botanical Garden**

**DATE CHANGE to: Thursday, July 24th**

Depart Norfield Church at 8:30am

Cost is \$55.00

(This includes the coach bus, admission and guided tours of the museum and Botanical Garden, sandwich buffet lunch.)

We are co-sponsoring this event to give you an attractive price, we hope you will join us.

**Sign up by June 19th, ! Call the Senior Center to sign up (203) 222-2608.**

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Volunteer Appreciation Luncheon



Wednesday, May 28th 11:30am
Norfield Church



The Weston Senior Activities Center depends on our volunteers. We would like to invite all of those who have volunteered this year to lunch, hosted by the Weston Senior Center and the Friends of the Weston Senior Activities Center. This includes all those who have hosted, set up and served lunches, those who have taught classes, and helped every week at the Center. We invite you to lunch to show you our appreciation!! If you have not received an invitation, please talk to Wendy or Pam, and we will give you the details.

Please RSVP by May 23rd (203) 222-2608.

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Join us for our 2nd Annual

***Ice Cream Social!***

Tuesday, June 10th at 12:30pm  
At the Weston Senior Center

This event is free! Sign up required by June 3rd. Space is limited.

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Canasta Lunch and Learn
With Nina Daniel and Richard Wolf

on Thursdays at 12:15! Come and join us.

Weston Senior Activities
P.O. Box 1007
56 Norfield Road
Weston, CT 06883
203-222-2608
www.westonct.gov/

Presort Standard
U.S. POSTAGE
PAID
Permit No. 2
WESTPORT, CT 06880

Art Display at the Senior Center

Meg Brooks has her "Alice In Wonderland" series of sculptures on display at the Senior Center. Meg is a Weston resident and is a representational sculptor who enjoys doing a variety of subjects. She works in terracotta, wood, and stone.

"Art with Friends" artists will be displaying some of their work in May as well. Stop in anytime in May to view their work!

Bicycle and Pedestrian Club of Weston

Invite you to a hike....

Bisceglie Trails Day Walk, June 7th at Ten AM.

This stroll is a delightful way to begin the summer season. The walk is on groomed trails on nearly level (for Weston) terrain. We follow part of the fitness path, go behind the swimming hole and return to the parking area. Participants eager for more may want to do it again. We will see birdhouses and birds, wetlands and woods all in the midst of exploding summer foliage.

Enjoy the day, enjoy fellow hikers and, when done, take in a few innings of baseball at the fields



Sunday, September 21st 10am—3pm

**Our Third Annual Car Show
Fundraiser!!
We need your help!!**

1. Volunteers at gates
2. Silent Auction Items (gift cert., tickets, gift certificates, wine bottles. Get together with friends and make a theme basket.
3. Donations
4. Classic Cars, spread the word!